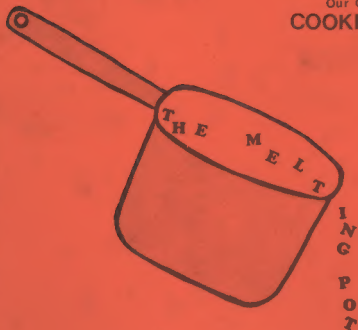



IRONBOUND


CHILDREN'S CENTER

Presents
Our Own
COOKBOOK





THE MELTING POT



Edited & Illustrated by Judith K. Dolid

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Dear Folks,

Food doesn't have to be expensive to be tasty and good. Inexpensive meats and different leftovers can be made into very appealing meals. Ironbound is a melting pot of different people with many different styles of food. So what we have done is to collect from people here a number of recipes which can make eating enjoyable, different and inexpensive.

Included in this "stew" are Italian dishes, Irish treats, Polish delicacies, and some Soul Food as well as numerous other culinary delights. Recipes include spreads, dips, salads, soups, hearty main dishes and scrumptious desserts.

As a very special plus there is a food equivalency chart, freezer and refrigeration chart, and a calorie chart for you weight watchers.

Hopefully, you will get as much pleasure out of using and eating these recipes as we got out of collecting them.

Bon appetit!

Phyllis Jarmolowich